Thompson School District
Early Childhood Program Newsletter

January/February 2020
407 E. 42nd Street
Loveland, CO 80538
970-613-5052

Upcoming Events

**January 22nd**
Board of Education Meeting
Administration Building
6:00 pm - 8:00 pm

**February 5th**
Board of Education Meeting
Administration Building
6:00 pm - 8:00 pm

**February 10th**
CPP Advisory Council
Stansberry EC
12:00 - 1:30 pm
&
Family PIE
Stansberry EC
Monday, February 10th
5:00 - 6:30 pm

**February 19th**
Board of Education Meeting
Administration Building
6:00 pm - 8:00 pm

Important Dates

No School
February 17th
A Note From Our Administrator

Hello Thompson School District EC Families,

**Early Childhood Applications.** We are currently accepting applications for our Early Childhood Programs for the 2020-2021 school year. If you have a child that will be 3 or 4 years old by October 1, 2020, he or she may be eligible for FREE preschool. If you know someone who has a child that is 3 or 4, send them our way! For further information visit our Thompson Integrated Early Childhood web page or call 613-5052 for more information.

**Family PIE Meeting.** Our next Family PIE meeting will be held on Monday, February 10, 2020, at 5:00 p.m. The meeting will take place at the Early Childhood Center at Stansberry. Please call if you have any questions.

**Parent Teacher Conferences.** Parent/Teacher Conferences are coming up! Look for information from your child’s teacher to schedule your conference in late February. We look forward to seeing you and sharing with you your child’s progress as we look forward to helping your child grow!

Lamb Caro
Thompson School District Early Childhood Administrator

**Social Emotional Resources**

February is the month of LOVE! You show your child you love them with your hugs, kisses and smiles. Another way to show your child how much you love them is to acknowledge all of the great things they do every day. You can do this not only by saying “Good job!”, but also by noticing their hard work, their persistence, and their creativity. Research shows that when children receive positive attention more often than negative attention (5 positive to every 1 negative), they will show us more of the behavior we wish to see. This works for adults too! Have a very HAPPY February!

Here are some phrases you can use:

“You must feel proud of yourself for…”
You have worked so hard on …”

“I like how you shared your toys with…”

“Thank you so much for _______. It was very helpful.”

“You put away your toys! Thank you.”

You _____ when I asked you to. Way to go!”

**ANXIETY IN KIDS**

**CHILDREN WILL MIRROR YOUR FEELINGS**

It’s instinctual to try and prevent them from feeling the fear, especially if you struggle with anxiety. You know how it feels and want to keep them from experiencing it. The thing is, the key to anxiety is welcoming the fear. When a child learns to acknowledge it and tap into coping strategies rather than fighting it and trying to avoid it, they can process fear and live without anxiety.

![Image of Anxiety in Kids Chart](image.png)
Education Corner

**CALENDAR CHANGE**

Please note that our program Literacy Night will be held on April 14th at Conrad Ball Middle School. This is a CHANGE to your parent Calendar.

Winter often brings cold snowy weather that means lots of inside time for our little ones. In order to make the most of these long winter hours, here are some ideas for learning...

- Preschoolers love to help! Have your child help sort and fold the socks. Talk about same and different. You can then sort them by family member or color and count how many each family member has.

- Have your child help set the dinner table. Work on counting how many forks, knives and spoons you will need for the meal. Encourage him/her to decide what else you might need for the meal...salad dressing, ketchup, salt and pepper, etc.

- Encourage your preschooler to count the stairs in your home each time they climb up/down. Have them stop on stair number 3, 6 etc.

- When you ask your child to clean his/her room, divide up the task to make it more manageable. Start by picking up all the cars, now the stuffed animals, now the books etc.

- Snuggle up with a good book and a cup of hot cocoa with your little one. Ask them to “read” to you by looking at the pictures and retelling the story.

Each of these activities builds categorization skills, counting skills and self-esteem. By allowing your child to help, you are building their independence and sense of accomplishment. Encourage their efforts and praise their persistence. Most of all...have fun!
Health/Wellness

Pedestrian Safety Reminders

Think, Think, Think Safety

- Winter is still and ice and snow make roads, sidewalks, and steps slippery. Walk carefully.
- Always hold your child’s hand when you approach the bus of school, when you leave the bus or school, and whenever you are in a parking lot.
- Help us by reminding your children to walk carefully and to hold the handrail of the bus.

Be a Safe Pedestrian

1. Always walk on the sidewalk. If there is no sidewalk, always walk facing traffic.
2. Dress to be seen. Wear bright, light colored clothing.
3. Look LEFT – RIGHT – LEFT before you enter the street and continue looking as you cross.
4. If a car is parked where you are crossing, look for a driver who may pull out and not see you as he/she is looking for traffic.

5. It is always best to cross at locations that have traffic signals.

6. Always hold a child by the hand while crossing the street.

7. WALK, don't run.

**Nutrition Corner - Harvest for Health Kids Recipe of the Month:**

**BAKED APPLES**

Serves 4 - Add chopped nuts or dried fruit to the mix if you’d like.

**INGREDIENTS** 4 apples, cut in half, peeled and cored, 2 tablespoons sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon salt, 3 tablespoons butter, cut into small pieces, 3/4 cup water.

**DIRECTIONS** Preheat oven to 375 degrees. Place the apples cut side up in the 9 x 13 baking pan. They should be fairly snug so they stay upright and hold their filling. Put a small piece of butter into each hollow (where the core used to be). In a small bowl, mix the cinnamon, sugar and salt. Divide this mixture evenly among the hollows of the 8 halves. Dot each half with another piece of butter. Pour water into the pan and bake until the apples are nice and tender (but not falling apart) which can be anywhere from 45 – 70 minutes depending on the size and kind of your apple. Let cool for a few minutes before serving or eat at room temperature.

Christiana Shorten

EC Health Coordinator

(970) 613-5063
Mark your calendars! If you are looking for some fun events to get through the winter blahs, here are some family events that are coming up:

**Loveland Sweetheart Festival:** Feb. 14 from 5:00 - 9:00 pm and Feb. 15 from 2:00 - 9:00 pm at the Foundry Plaza located between 1st and 3rd Streets and Cleveland to Lincoln. Additional activities along 4th Street. There will be live entertainment, food vendors, activities for kids and more. [https://www.loveland.org/events-2/sweet-heart-festival/](https://www.loveland.org/events-2/sweet-heart-festival/)

**Free Winter Scholarship Concert - Loveland Concert Band:** Feb. 16 at 3:00 pm at Mountain View High School Auditorium, 3500 Mountain Lion Drive. The concert is free, but donations are accepted. More information: [https://lovelandconcertband.org/](https://lovelandconcertband.org/)

**Be Ready Preschool Fair:** March 7 from 9:00 am - noon at the Loveland Public Library, located at 300 N. Adams. Free food, book give-aways, “touch a truck” community vehicles, preschool activities and resource booths. [https://bereadylarimercounty.org/](https://bereadylarimercounty.org/)

**Early Childhood Family Game Night:** March 12 from 6:00 - 7:00 pm at Loveland Public Library. Join us for board games, healthy snacks and family fun. The bilingual librarian will be on hand to help with library cards and our very own Child and Family Support Paras (CFSPS) will be there as well.

**Literacy Night:** April 14 from 4:30 - 6:00 pm at Conrad Ball Middle School. Bring the family for a fun night of preschool learning activities, free books, free dinner and meet “Hugs”, our mascot.
Money Matters:

VITA Free Tax Preparation

Volunteer Income Tax Assistance is available to families or seniors with low income. Volunteers can help with income tax preparation at no charge.

Free Tax Preparation Sites:

Life Center – 1511 E. 11th Street (Second Floor) from Feb. 3 – April 15, Monday – Thursdays from 9:00 am – 1:00 pm.

Loveland Public Library (by appointment only Saturday mornings from Feb. 8 – April 4.) Sign up for an appointment: https://www.signupgenius.com/go/9040f45a4a722a7fe3-saturday

**Must bring social security card, photo ID and all tax documents.

Be sure to ask about the Earned Income Tax Credit. This is a tax credit up to $6500 for working families based on filing status, income level, number of qualifying children and citizenship. Last year one in four families qualified, but many did not apply for their refund. For more information go to: https://getaheadcolorado.org/

Julie Lindsay, Family and Community Partnership Coordinator
(970) 613-5053

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English Language Development

Happy New Year!!
The new year brings with it a time to renew and refresh. Now is a great opportunity to renew your commitment to your child’s early years development by trying out some of the tips below to increase your child’s social, emotional and language development.

- **Read together everyday**- make this a fun activity that just the two of you can share. Read in the language that your child hears in the home.

- **Give everything a name in your home language**- This will build your child’s vocabulary. Talk about interesting words and objects. For example, “Look, there’s an airplane! Those are the wings. Why do you think they are called wings?”

- **Read with your silly voice**- Kids loving hearing the humor and expression in stories. Anything goes!

- **Read it again and again**- Repetition is key for early language learners. When they hear words and phrases over and over it becomes second nature and helps them learn new concepts by making connections to what they have already heard and experienced.

- **Have fun!** Enjoy your time together. Before you know it, they’ll be off to kindergarten!

Have a wonderful Spring semester! Please call or email if you have any questions for me. You can also use TSD’s translation service anytime you need translation for school business. Their number is (970) 613-6167.

-Julie Sullivan, ELD teacher
julie.sullivan@thompsonschools.org

(970) 613-6885